

Wednesday of the Fourth Week of Lent

Readings: Isaiah 49.8-15 – Prison bars melting; John 5.17-30 – Like father, like son.

Reality: Adolfo Perez Esquivel, the recipient of the 1980 Nobel Peace Prize relates a personal experience which changed his life. He was in solitary confinement without light of sanitary facilities. When the guards opened the door, a stream of light poured in and danced across the wall which allowed him to see scratching on the wall. One of the writings caught his attention. It said, “God does not kill.” The phrase gave him hope and strengthened him to survive the torture and imprisonment.

Prayer: God, release us from the chains that bind us and keep us locked up within ourselves.
